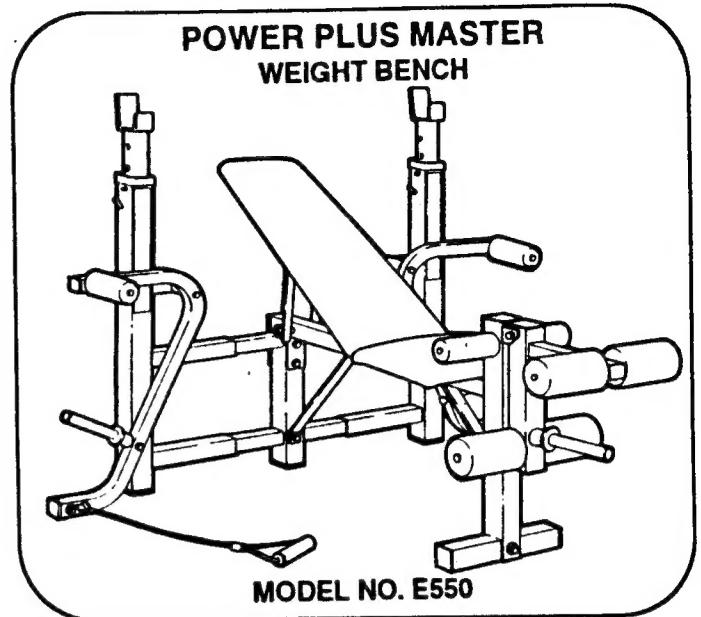
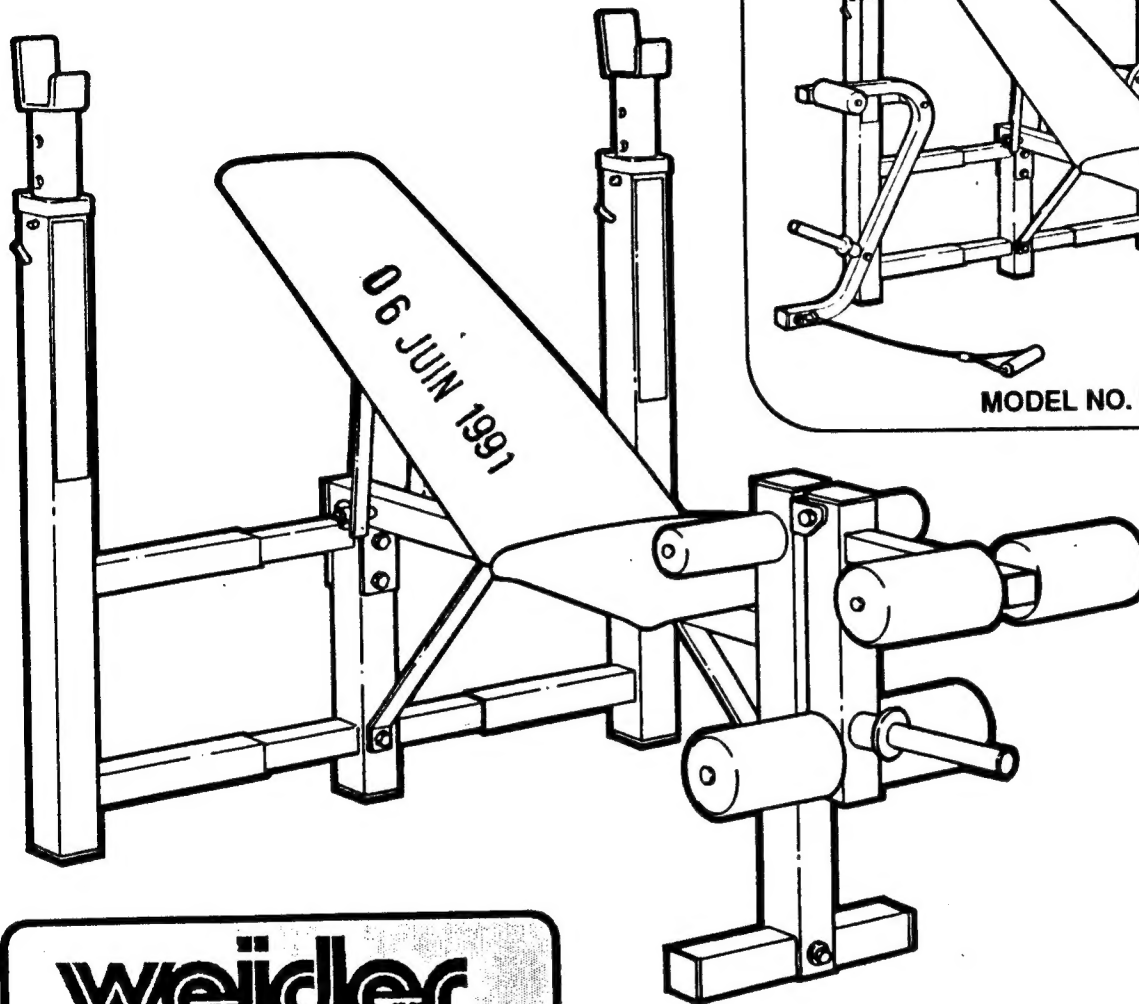


E540

# POWER MASTER

## WEIGHT BENCH



**weider.**

**OWNERS MANUAL**

**MODEL NO. E540**

**WEIDER HEALTH AND FITNESS**

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

## PART LIST E540

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1R	UPRIGHT RIGHT	1	C1208-E12
1L	UPRIGHT LEFT	1	C1214-E12
2	CENTER POST	1	C1209-E12
3	MAIN FRAME	1	C2164-E12
4	FRONT SUPPORT	1	C2185-E12
5	LEG CURL	1	C2186-E12
6	FRAME BRACE	1	C6918-E10
7	ADJUSTABLE UPRIGHT	2	C1207-E10
8	BACKREST	1	C1344-E12
9	SEAT	1	C1345-E12
10	BACKREST ANGLE IRON (RIGHT)	1	C6257-E10
11	BACKREST ANGLE IRON (LEFT)	1	C6258-E10
12	BACKREST SUPPORT (RIGHT)	1	C6259-E10
13	BACKREST SUPPORT (LEFT)	1	C6260-E10
14	PAD BAR 3/4" x 16 1/4"	2	C6322-E12
15	WEIGHT PIN 1" x 13 3/4"	1	C6321-E10
16	FOAM PAD 2 1/4" X 7"	2	C0452-E10
17	FOAM PAD 3 1/4" X 7"	4	C0443-E02
18	PAD BAR 3/4" X 15 3/4"	1	C6323-E12
19	HARDWARE BAG (BOLTS & NUTS)	1	C5889-E12
20	HARDWARE BAG (PLASTICS & FOAM)	1	C5890-E12
21	UPRIGHT DECAL	2	DE-4169
28	5/16" FLAT WASHER	3	HH-5127
29	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5294
30	1" ROUND COVER CAP - 15	1	AA-8070
31	2" SQUARE PLASTIC CAP	3	AA-8002
32	2 1/2" SQUARE PLASTIC CAP	5	AA-8013
33	1" ROUND PLASTIC CAP	1	AA-8005
34	3/4" ROUND PLASTIC CAP	6	AA-8004
35	1 3/4" SQUARE PLASTIC CAP	1	AA-8006
36	RUBBER WASHER	1	AA-8017
38	2 1/2" SQUARE OPEN END CAP	2	AA-8085
39	1/4" X 3/4" MACHINE SCREW	6	HH-5022
40	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5189
41	5/16" X 3" HEX HEAD BOLT	2	HH-5187
42	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245
43	5/16" x 4 1/2" HEX HEAD BOLT	1	HH-5316
44	5/16" X 5" HEX HEAD BOLT	1	HH-5328

## PART LIST E550

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
45	LOCKING PIN	2	WW-7025
46	BUSHING 1/2" O.D. X 3/4"	3	HH-5335
47	5/16" WING NUT	1	HH-5209
48	5/16" NYLON LOCK NUT	10	HH-5012
49	5/16" X 3 1/4" HEX HEAD BOLT	3	HH-5297
52	PLASTIC KNOB	4	HH-5285
80	HARDWARE BAG (BOLT & NUTS)	1	C5889-E12
81	HARDWARE BAG (PLASTICS & FOAM)	1	C5890-E12
82	UPRIGHT DECAL	2	DE-4169
83	ASSEMBLY MANUAL	1	NN-1125
	3/8" NYLON LOCK NUT	1	

DIAGRAM NO	PART NAME	QTY	ORDERING NO
34	3/4" ROUND PLASTIC CAP	2	AA-8004
37	WEIGHT STOP	2	AA-8112
40	5/16" X 1 1/4" HEX HEAD BOLT	2	HH-5323
46	3/4" LONG PLASTIC BUSHING	4	HH-5335
48	5/16" NYLON LOCK NUT	4	HH-5012
33	1" ROUND PLASTIC CAP	4	AA-8005
50	7/8" ROUND PLASTIC CAP	2	AA-8088
51	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
53	1/4" X 2" MACHINE SCREW	2	HH-5022
54	1/4" NYLON LOCK NUT	2	HH-5011
55	5/16" X 2" HEX HEAD BOLT	2	HH-5054
28	5/16" FLAT WASHER	2	HH-5127
57	SPRING PIN	2	WW-7041
1R	UPRIGHT RIGHT	1	C1210-E13
1L	UPRIGHT LEFT	1	C1211-E13
62	RIGHT BUTTERFLY ARM	1	C1212-E13
63	LEFT BUTTERFLY ARM	1	C1213-E13
64	3/4" X 9" PAD BAR	2	C6215-C19
65	1" X 10" WEIGHT PIN	2	C6307-D34
16	2 1/4" X 7" FOAM PAD	2	C0452-E10
67	ROPE	2	C6241-D20
68	DUMBBELL HANDLE	2	AA-8119
69	HARDWARE BAG (BOLTS & NUTS)	1	C5891-E13
70	HARDWARE BAG (PLASTICS & FOAM)	1	C5892-E13
82	UPRIGHT DECAL	2	DE-4170

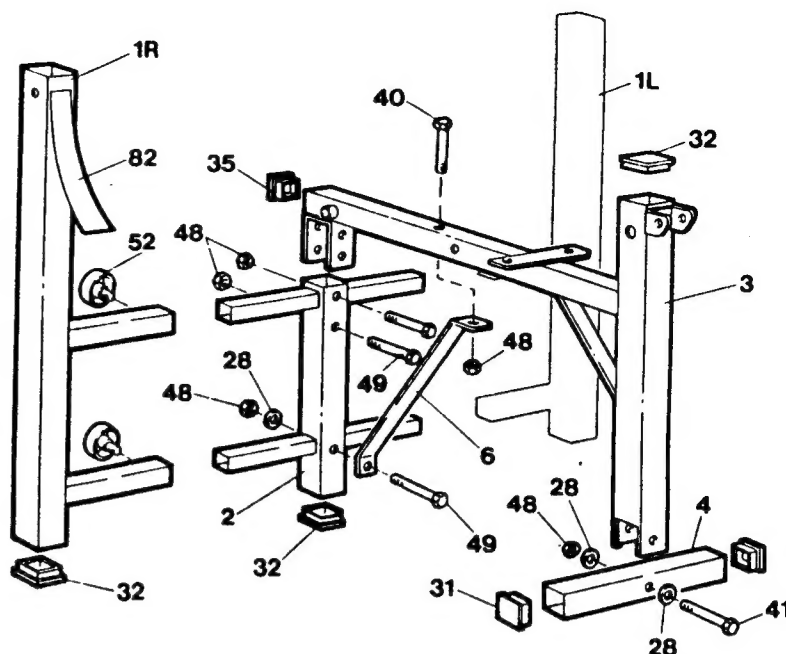
## STEP 1 FRAME ASSEMBLY

PART NAME	QTY
31 2" SQUARE PLASTIC CAP	2
41 5/16" X 3" HEX HEAD BOLT	1
28 5/16" FLAT WASHER	3
48 5/16" NYLON LOCK NUT	5
32 2 1/2" SQUARE PLASTIC CAP	4
49 5/16" X 3 1/4" HEX HEAD BOLT	3
40 5/16" X 2 1/4" HEX HEAD BOLT	1
52 PLASTIC KNOB	4
35 1 3/4" SQUARE PLASTIC INSERT CAP	1

- ☐ Insert 2" SQUARE PLASTIC CAPS (31) into FRONT SUPPORT (4), and bolt support to MAIN FRAME (3) with 5/16" x 3" HEX HEAD BOLT (41), 5/16" FLAT WASHERS (28), and 5/16" NYLON LOCK NUT (48).
- ☐ Insert 2 1/2" SQUARE PLASTIC CAP (32) into bottom end of CENTER POST (2).
- ☐ Attach CENTER POST (2) to MAIN FRAME (3) with 5/16" X 3 1/4" HEX HEAD BOLTS (49) and 5/16" NYLON LOCK NUTS (48).
- ☐ Bolt FRAME BRACE (6) to MAIN FRAME (3) using 5/16" X 2 1/4" HEX HEAD BOLT (40) and 5/16" NYLON LOCK NUT (48).
- ☐ Bolt FRAME BRACE (6) to CENTER POST (2) using 5/16" X 3 1/4" HEX HEAD BOLT (49), 5/16" FLAT WASHER (28), and 5/16" NYLON LOCK NUT (48).
- ☐ Press 1 3/4" SQUARE PLASTIC CAP (35) into end on MAIN FRAME TUBE (3) and insert 2 1/2" SQUARE PLASTIC CAP (32) into top of front leg of frame.
- ☐ Screw PLASTIC KNOB (52) partially into welded nuts on back side of UPRIGHTS (1R) and (1L) and cap bottom end with 2 1/2" SQUARE PLASTIC CAP (32).
- ☐ Assemble UPRIGHTS (1R) and (1L) to CENTER POST (2) by sliding upright arms over arms on center post.
- ☐ Secure uprights to center post by tightening plastic knobs.

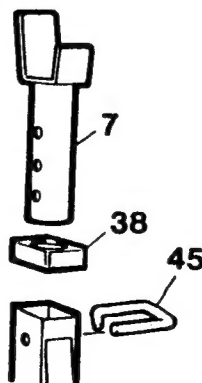
Note: After assembly the uprights can be adjusted in width to accommodate your bar length or exercise being done.

- ☐ Align UPRIGHT DECALS (82) about 1 1/2" down from the top of the uprights and adhere it to uprights.



## STEP 2 ADJUSTABLE UPRIGHTS

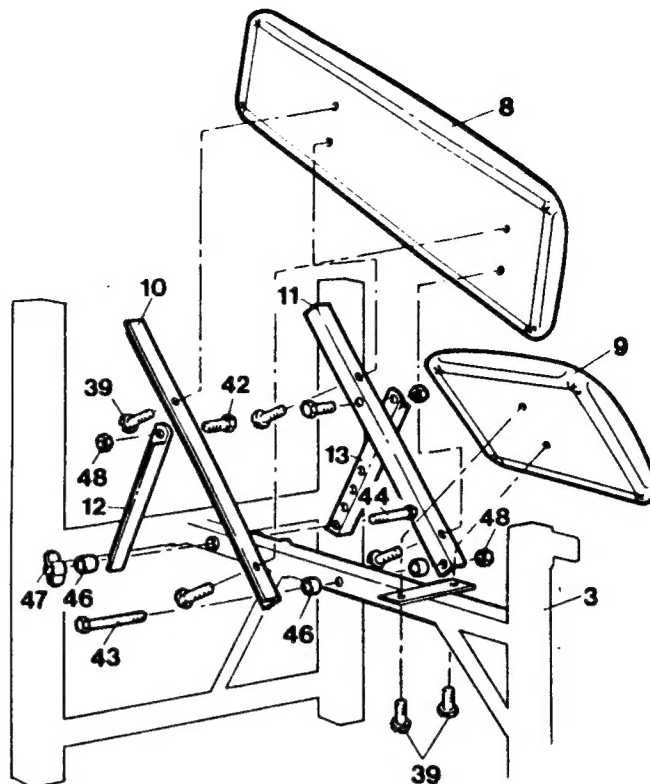
PART NAME	QTY
38 2 1/2" OPEN END CAP	2
45 LOCKING PINS	2



- ☐ Press a 2 1/2" OPEN END CAP (38) onto the tops of the UPRIGHTS (1) arms.
- ☐ Insert ADJUSTABLE UPRIGHTS (7) into UPRIGHTS (1) through open end caps.
- ☐ The ADJUSTABLE UPRIGHTS (7) can be locked in various heights by use of LOCKING PINS (45).

### STEP 3 BACKREST & SEAT ASSEMBLY

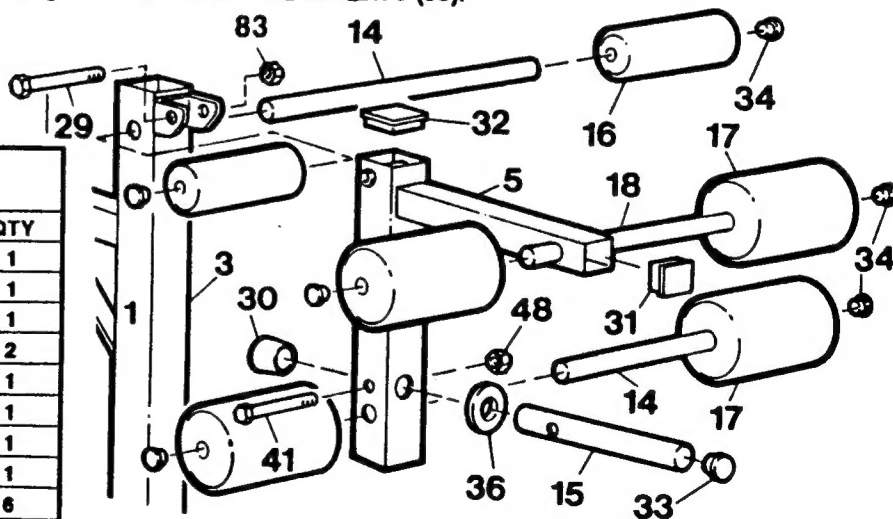
PART NAME	QTY
39 1/4" X 3/4" MACHINE SCREWS	6
42 5/16" X 3/4" HEX HEAD BOLT	2
48 5/16" NYLON LOCK NUT	3
43 5/16" X 4 1/2" HEX HEAD BOLT	1
46 3/4" LONG BUSHING	3
44 5/16" X 5" HEX HEAD BOLT	1
47 5/16" WING NUT	1



- ☐ Turn BACKREST (8) over so it is face down. Position ANGLE IRON (10) and (11) to BACKREST (8) so the hole in the very end of the angle iron is extending past the bottom of the BACKREST (8).
- ☐ Loosely attach angle irons to BACKREST (8) with 1/4" x 3/4" MACHINE SCREWS (39).
- ☐ While BACKREST (8) is still turned over, attach BACKREST SUPPORTS (12) and (13) to ANGLE IRONS (10) and (11) using 5/16" x 3/4" HEX HEAD BOLTS (42) and 5/16" NYLON LOCK NUTS (48).
- ☐ Turn assembly over and attach BACKREST (8) to MAIN FRAME (3) by bolting 5/16" x 4 1/2" HEX HEAD BOLT (43) through ANGLE IRONS (10) & (11), spacing ANGLE IRONS (10) & (11) away from frame with 3/4" LONG BUSHINGS (46). Fasten with 5/16" NYLON LOCK NUT (48).
- ☐ Fasten BACKREST SUPPORTS (12) and (13) to MAIN FRAME (3) by inserting 5/16" x 5" HEX HEAD BOLT (44) through desired hole in support, then through welded bushing in frame, and the other support. Insert a 3/4" LONG BUSHING (46) over bolt and fasten with 5/16" WING NUT (47).
- ☐ Now go back and tighten mounting screws in angle iron to Backrest assembly.
- ☐ Attach SEAT (9) to bracket on MAIN FRAME (3) using 1/4" x 3/4" MACHINE SCREWS (39).

### STEP 4 LEG CURL ASSEMBLY

PART NAME	QTY
32 2 1/2" SQUARE PLASTIC INSERT CAP	1
31 2" SQUARE PLASTIC INSERT CAP	1
41 5/16" X 3" HEX HEAD BOLT	1
48 5/16" NYLON LOCK NUT	2
36 RUBBER WASHER	1
30 1" ROUND COVER CAP - 15	1
33 1" ROUND INSERT CAP	1
29 5/16" X 3 1/2" HEX HEAD BOLT	1
34 3/4" ROUND PLASTIC INSERT CAP	6



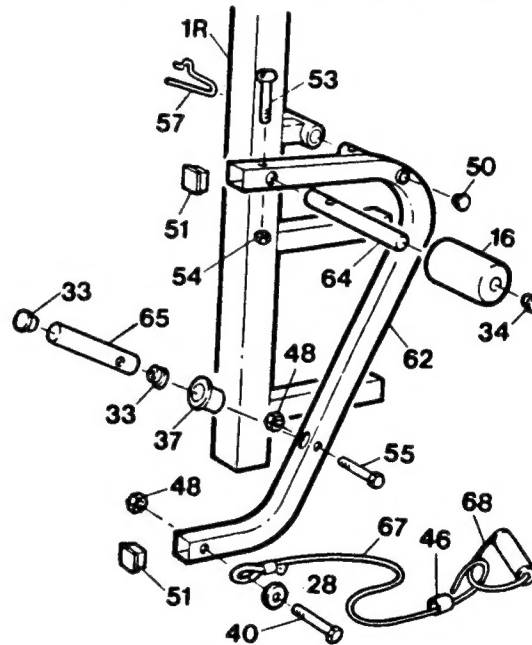
- ☐ Insert 2 1/2" SQUARE PLASTIC INSERT CAP (32) into top of LEG CURL (5).
- ☐ Insert 2" SQUARE INSERT CAP (31) into front leg of LEG CURL (5).
- ☐ Bolt WEIGHT PIN (15) into bottom of LEG CURL (5) using a 5/16" X 3" HEX HEAD BOLT (41) and 5/16" NYLON LOCK NUT (48).

- ☐ Slide **RUBBER WASHER (36)** over weight pin and cap back end of weight pin with **1" COVER CAP (30)** and insert a **1" INSERT CAP (33)** into the front end.
- ☐ Bolt **LEG CURL (5)** into bracket on **MAIN FRAME (3)** using a **3/8" x 3 1/2" HEX HEAD BOLT (29)** and **3/8" NYLON LOCK NUT (83)**.
- ☐ To each of the **PAD BARS (14)** and **(18)** press a **3/4" ROUND INSERT CAP (34)** into each end of bar.

Note: To make assembly of pad bars into foam pads easier, wipe a small amount of liquid detergent along the surface of pad bar to act as a lubricant.

- ☐ Insert **3/4" X 16 1/4" PAD BAR (14)** into a **2 1/4" X 7" FOAM PAD (16)**. Insert Pad Bar through hole in top of **MAIN FRAME (3)** front leg and assemble other **2 1/4" X 7" FOAM PAD (16)** on other end.
- ☐ Insert other **3/4" x 16 1/4" PAD BAR (14)** into **3 1/4" X 7" FOAM PAD (17)**. Insert Pad Bar through bottom hole in **LEG CURL (5)** and assemble other **3 1/4" X 7" FOAM PAD (16)** on other end.
- ☐ To **3/4" X 15 3/4" PAD BAR (18)** assemble a **3 1/4" X 7" FOAM PAD (17)** to one end.
- ☐ Insert **3/4" X 15 3/4" PAD BAR (18)** into locator hole in end of **LEG CURL (5)** and assemble another **3 1/4" X 7" FOAM PAD (17)** to end of bar.

STEP 5 BUTTERFLY ARMS	
PART NAME	QTY
53 1/4" X 2" MACHINE SCREW	2
54 1/4" NYLON LOCK NUT	2
34 3/4" ROUND PLASTIC INSERT CAP	2
55 5/16" X 2" HEX HEAD BOLT	2
48 5/16" NYLON LOCK NUT	4
49 1" ROUND PLASTIC INSERT CAPS	4
37 WEIGHT STOP	2
50 7/8" ROUND PLASTIC INSERT CAP	2
57 STOPPER PIN	2
28 5/16" FLAT WASHER	2
40 5/16" X 2 1/4" HEX HEAD BOLT	2
46 3/4" LONG BUSHING	4
51 1 1/2" SQUARE PLASTIC CAP	4



- ☐ There are two Butterfly attachments with this unit: a **RIGHT BUTTERFLY ARM (62)** and a **LEFT BUTTERFLY ARM (63)**. Instructions are given for one end and are repeated to assemble the other.
- ☐ Assemble **3/4" X 9" PAD BAR (64)** through the large hole in the end of the Butterfly aligning the bolt holes. Secure with **1/4" X 2" MACHINE SCREW (53)** and **1/4" NYLON LOCK NUT (54)**.
- ☐ Press **3/4" ROUND PLASTIC INSERT CAP (34)** into end of **3/4" X 9" PAD BAR (64)** and assemble **2 1/4" X 7" FOAM ROLLER (16)** onto Bar.
- ☐ Assemble **1" X 10" WEIGHT PIN (65)** into angled hole on front of Butterfly Frame.
- ☐ Align bolt holes and secure with **5/16" X 2" HEX HEAD BOLT (55)** and **5/16" NYLON LOCK NUT (48)**.
- ☐ Press **1" ROUND PLASTIC INSERT CAPS (33)** into both ends of assembled **WEIGHT PIN (65)**. With large end to the outside, slide **WEIGHT STOP (37)** over Weight Pin and down against Butterfly Frame.
- ☐ Press **7/8" ROUND PLASTIC INSERT CAP (50)** into the welded tube on Butterfly Frame.

- ☐ Assemble Butterfly Arms to Upright by inserting welded tubes into welded tube brackets on Uprights. Insert STOPPER PIN (57) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (57) that has a raised section is aligned with the hole in the welded Butterfly Tube. Push STOPPER PIN (57) into tube until it clicks into place as the raised section exits the hole.
- ☐ Tie a knot in ROPE (67) close to the end. Make a loop on the end and insert through 3/4" LONG BUSHING (46).
- ☐ Assemble 5/16" FLAT WASHER (28) onto 5/16" X 2 1/4" HEX HEAD BOLT (40). Insert bolt into loop made in ROPE (67) and attach to lower hole in Butterfly Frame with 5/16" NYLON LOCK NUT (48).
- ☐ Assemble 3/4" LONG BUSHING (46) onto opposite end of ROPE (67) and loop rope around the rope of DUMBBELL HANDLE (68).
- ☐ Insert ROPE (67) back through 3/4" LONG BUSHING (46) and tie a knot in the end of the rope. Pull rope tight against rope of Dumbbell Handle.
- ☐ Press 1 1/2" SQUARE PLASTIC CAP (51) into each end of BUTTERFLY FRAMES (62) and (63).

## **E-550 DUAL ACTION BUTTERFLIES**

The E-550 is equipped with a unique style of butterfly. With this butterfly assembly you can use it either as a conventional pec-deck type butterfly or as a cross-over fly.

### **CONVENTIONAL BUTTERFLY:**

To use as conventional pec-peck fly, adjust the backrest so it is in a perfectly flat position. Lying on your back, position yourself so your shoulders are aligned between the foam rollers on the upper portion of the fly arms. Extend your arms outward and under the foam rollers. Bring your arm up and together over your chest. To complete one rep the arms are brought up together then extended back outwards.

### **CROSSOVER FLYS:**

Crossover flys can be done in a flat position but are most effective if the backrest is in one of the incline positions. For crossover flys, grasp the dumbbell handles in each hand with your arms at full length. (You can adjust the length of the rope to a length you feel comfortable with.) Once you have grasped the dumbbell handles, bring your hands up while slightly bending your elbows. As your hands come up they should move in an arc over your chest. Let your hand cross over to achieve maximum stretch. This exercise as well as the conventional fly should be done in a slow, smooth motion without jerking or letting the arm drop back to the floor. Start with a moderate amount of weight and increase the number of reps and sets then increase the amount of weight as you build up.